



## TOMATO JUICE, CANNED

Date: April 2009 Code: A290

### PRODUCT DESCRIPTION

- Canned tomato juice is 100% juice with no added sugar or sweeteners. Salt may be added.
- Tomato juice has added vitamin C.

### PACK/YIELD

- Tomato juice is packed in 46-ounce cans, which is about 11 servings (½ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- After opening, store juice in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Tomato juice can be served warm or chilled, as a beverage or snack.
- Mix tomato juice with chopped peppers, cucumbers, onions, and cilantro (if you like), for a quick and easy cold soup.

### NUTRITION INFORMATION

- ½ cup of tomato juice counts as ½ cup from the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of tomato juice provides 10% of the recommended daily amount of vitamin C and 35% of the recommended daily amount of vitamin A.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ½ cup (4 ounces) canned tomato juice

#### Amount Per Serving

<b>Calories</b>	20	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 4g	
<b>Protein</b> 1g	

Vitamin A	35%	Vitamin C	10%
Calcium	1%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## BEEF AND TOMATO SKILLET

**MAKES ABOUT 6 SERVINGS**

### Ingredients

- ½ pound egg noodles, uncooked
- 1 pound lean ground beef (can also use ground turkey)
- 1 onion, chopped
- 1 green pepper, chopped
- ¾ cup cheddar cheese reduced fat, shredded
- 1 ½ cups tomato juice
- 2 cups corn, frozen, thawed (can also use canned corn)

### Directions

1. Cook egg noodles according to package directions. Drain well.
2. In a medium skillet, cook beef until no longer pink and cooked through.
3. Add onions and peppers and cook until soft, about 5 minutes.
4. Stir in tomato juice, corn, and cooked noodles, and cook until heated through.
5. Sprinkle with cheese and cook until cheese is melted.

Nutrition Information for 1 serving (about 1 cup) of Beef and Tomato Skillet					
<b>Calories</b>	430	<b>Cholesterol</b>	95 mg	<b>Sugar</b>	4 g
<b>Calories from Fat</b>	130	<b>Sodium</b>	430 mg	<b>Protein</b>	31 g
<b>Total Fat</b>	15 g	<b>Total Carbohydrate</b>	44 g	<b>Vitamin A</b>	67 RAE
<b>Saturated Fat</b>	7 g	<b>Dietary Fiber</b>	3 g	<b>Vitamin C</b>	32 mg
				<b>Calcium</b>	293 mg
				<b>Iron</b>	4 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

## SPANISH-STYLE RICE

**MAKES 4 SERVINGS**

### Ingredients

- 4 cups tomato juice
- 1 tablespoon vegetable oil
- 1 cup uncooked white rice
- 1 teaspoon dried basil leaves (if you like)
- ¼ teaspoon garlic powder
- 2 cups frozen mixed vegetables

### Directions

1. Heat oil in a 10-inch skillet over medium heat. Add rice and cook for 30 seconds, stirring constantly.
2. Add tomato juice and garlic powder and heat to a boil. If using basil, add that too. Reduce heat to low. Cover and cook for 15 minutes.
3. Add vegetables to the skillet. Cover and cook for 10 minutes or until rice and vegetables are soft and most of the liquid is gone.

Nutrition Information for 1 serving of Spanish-Style Rice					
<b>Calories</b>	250	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	10 g
<b>Calories from Fat</b>	30	<b>Sodium</b>	160 mg	<b>Protein</b>	6 g
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	48 g	<b>Vitamin A</b>	308 RAE
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	5 g	<b>Vitamin C</b>	55 mg
				<b>Calcium</b>	50 mg
				<b>Iron</b>	3 mg

Recipe adapted from V8juice.com.